Diabetes Complications

Diabetes is a chronic disease, but it is possible to prevent complications. The more the person with diabetes knows the more diabetes can be managed and allow individuals to live their best life. This pamphlet reviews some of the common complications of diabetes.

Getting Help

The first line of support is the health care provider. Be sure to keep any appointments with the health care provider and follow the treatment plan. Other good and reliable sources with more information and tools and support:


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**Diabetes Symptoms**

- Blood Pressure increases
- Swelling in the feet, ankles, hands, or eyes
- Increased need to urinate
- Confusion
- Shortness of breath
- Decreased appetite

**Kidney Issues**

**NEPHROPATHY**

As the kidney damage progresses the individual may experience the symptoms of kidney failure.

**Later Stage Symptoms**

**Eye Issues**

**RETNOPATHY**

- Blurry vision
- Dark spots floating in vision
- Dark or empty areas in vision
- Vision loss

**Nerve Issues**

**PERIPHERAL NEUROPATHY**

- Numbness
- Burning
- “Pins and Needles”
- Shooting pains
- Weakness
- Tingling
- Sores on feet or legs heal slowly

**Heart Issues**

Persons with Diabetes are more likely to experience:

- Heart Attack
- Stroke
- High Blood Pressure
- High Cholesterol
- High Triglycerides

**Other Possible Issues**

Persons with diabetes are also more likely to experience:

- Gum Disease
- Hearing Loss
- Depression